

# Home On The Range



## Featured Recipe

CHESAPEAKE CITY, Md. — "When my husband had a heart attack and bypass heart surgery a year ago, I had to have a crash course on heart-healthy eating," said Jean Major from Chesapeake City, Md. Jean spent about 200 hours during the next few months studying heart-healthy recipes and cooking methods.

"Many of the recipes that I've tried are horrible tasting. It is discouraging to waste time cooking a dish that tastes blah," she said.

Through experimenting, Jean found some favorite recipes and learned some tricks that she is willing to share with our readers.

"The key to healthy cooking is to cut out as much fat as possible, but as you remove fat, you remove flavor," Jean said.

She found that by mixing no-fat items with low-fat can improve the taste.

She believes that no-fat mayonnaise tastes okay in sandwiches, but it doesn't taste very good in tuna or chicken salad. Hellman's Reduced Fat mayonnaise contains 3 grams fat per tablespoon. Mix it with the no-fat mayonnaise and add some prepared spicy mustard and pickle relish for a good tuna salad.

Homemade soups can be made by chilling and removing all fat from beef, ham or chicken stock.

Her favorite stock, which she keeps in containers in the freezer, is made by boiling several ham hocks for two to three hours. Pick the meat off and refrigerate. Cool the broth and remove fat. Combine stock and ham in containers and store in the freezer until ready to make bean soup.

Her husband missed snacks and hors d'oeuvres since all his favorite recipes contained fat. Jean searched for some low-fat ways to make tasty snacks. Here are some ideas.

Bugles Baked Snacks (2 grams fat for 40 Bugles) and Snackwell crackers (cracked pepper and wheat) contain no fat. Spread with no fat cream cheese and top with salsa or sliced olives.

You can adapt many of your favorite recipes with lower-fat ingredients and make them healthier.

Jean hasn't noticed any difference in taste or consistency by substituting 2 egg whites in place of 1 whole egg in baking.

Here are a few of her recipes.

### NO-FAT DRIED BEEF DIP

Mix 8-ounces no-fat cream cheese

¼ cup sour cream or skim milk to thin cheese

2 slices onion, minced

2 tablespoons horseradish

When blended, stir in:

½ cup finely minced dried beef

Serve on Snackwell's no-fat crackers for a fat-free snack.

### LOW FAT SHRIMP DIP

Mix the following in a bowl and refrigerate one hour:

8 ounces no-fat sour cream

¼ cup no-fat mayonnaise

1 small can drained, rinsed, and finely chopped shrimp

2 tablespoons horseradish

2 tablespoons finely chopped onion

1 tablespoon catsup

Serve with Snackwell's no-fat crackers.

### NO-FAT VEGETABLE SALAD

1 can green beans, drained

1 can peas, drained

1 can whole kernel corn, drained

1 cup chopped onion

1 cup chopped celery

1 jar chopped pimentos with juice

½ cup chopped green or red pepper

2 teaspoons salt

½ cup sugar

¼ teaspoon garlic powder

¼ cup vinegar

Combine vegetables in a large container and mix. Heat vinegar, garlic, and sugar to dissolve sugar. Pour over vegetables and marinate at least 12 hours. Will keep several weeks in refrigerator. Makes 10 to 12 servings.

### LOW-FAT MOIST APPLE CAKE

2½ cups peeled, chopped baking apples

1 cup sugar

2 tablespoons vegetable oil

2 egg whites

1½ cups flour

1½ teaspoons baking powder

½ teaspoon baking soda

1 teaspoon cinnamon

1 cup fresh or frozen cranberries

½ cup chopped pecans or walnuts

Preheat oven to 350 degrees. Spray vegetable spray on bottom and sides of large loaf pan. Put wax paper on bottom to make removal easier.

Combine apples, sugar, and oil in medium mixing bowl. Add egg whites, mixing well. Combine dry ingredients and add to mixture, stirring until dry ingredients are moist. Stir in cranberries and walnuts.

Bake 60 minutes or until toothpick comes out clean.

Note: Buy extra cranberries in the fall and freeze them. They don't get soggy.

## Cooking For A Happy Heart

In all things...moderation.

That is the secret to a heart-healthy diet.

Eating right doesn't mean eliminating the foods you love.

"It's important to keep in mind that food supplies more than calories and fat," says Sara C. Parks, president of The American Dietetic Association. "Food provides you with essential nutrients to keep you healthy. Many people who diet rob themselves of key nutrients, such as calcium, and therefore can be increased risk for diseases such as osteoporosis, hypertension, and cancer.

Here are five tips for a healthier you.

- Eat breakfast — Scientific evidence shows that eating breakfast is associated with lower blood cholesterol levels. In a study of moderately obese women, eating breakfast reduced dietary fat intake and minimized impulsive snacking.

- Select foods from the five food groups — For adults, the recommended number of servings are 2-4 servings of milk and other dairy products; 2-3 servings of meat; 2-4 servings of fruit; 3-5 servings of vegetables; and 6-11 servings of grain.

- Be a smart snacker — studies show that those who eat five or more times a day are slightly thinner and have significantly lower cholesterol levels than those who eat just one or two meals a day. Choose snacks from the Five Food Groups rather than opting for high-calorie, low-nutrient snack foods like chips, cookies, and soft drinks.

Try raw vegetables, cheese and crackers, frozen yogurt, popcorn, and fresh fruit.

- Exercise regularly. Studies show that modest exercise two to three times per week for 20 minutes can help burn calories, improve cardiovascular fitness, and make you feel more energetic.

### BLACK BEAN AND RICE SALAD

2 cups cooked rice, cooled to room temperature

1 cup cooked black beans

1 medium tomato, seeded and chopped

½ cup shredded cheddar cheese, optional

1 tablespoon snipped parsley

¼ cup light Italian dressing

1 tablespoon lime juice

Lettuce leaves

Combine rice, beans, tomato, cheese, and parsley in large bowl. Pour dressing and lime juice over rice mixture; toss lightly. Serve on lettuce leaves. Serves 4.

### WHOLE WHEAT PIE SHELL

¾ cup whole wheat flour

¾ cup all-purpose flour

¼ teaspoon salt

4½ tablespoons vegetable oil

1½ tablespoons lemon juice

4 teaspoons warm water

In medium bowl, combine flour and salt; make a well in the center. Combine vegetable oil, lemon juice, and water; pour into well. Stir just until flour is moistened. Form into a ball. Roll between 2 sheets of wax paper into a 12-inch circle. Peel off top sheet of paper. Invert pastry into a 9-inch pie pan; peel off remaining sheet of paper. Fit pastry into pan. Flute edges and prick with fork tines. Refrigerate for 30 minutes. To bake, place in a preheated 425 degree oven until golden, 5 to 7 minutes.

Makes one 9-inch pie shell (6 portions).

0 mg cholesterol, 188 calories, 91 mg sodium with salt per serving.

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## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

### February

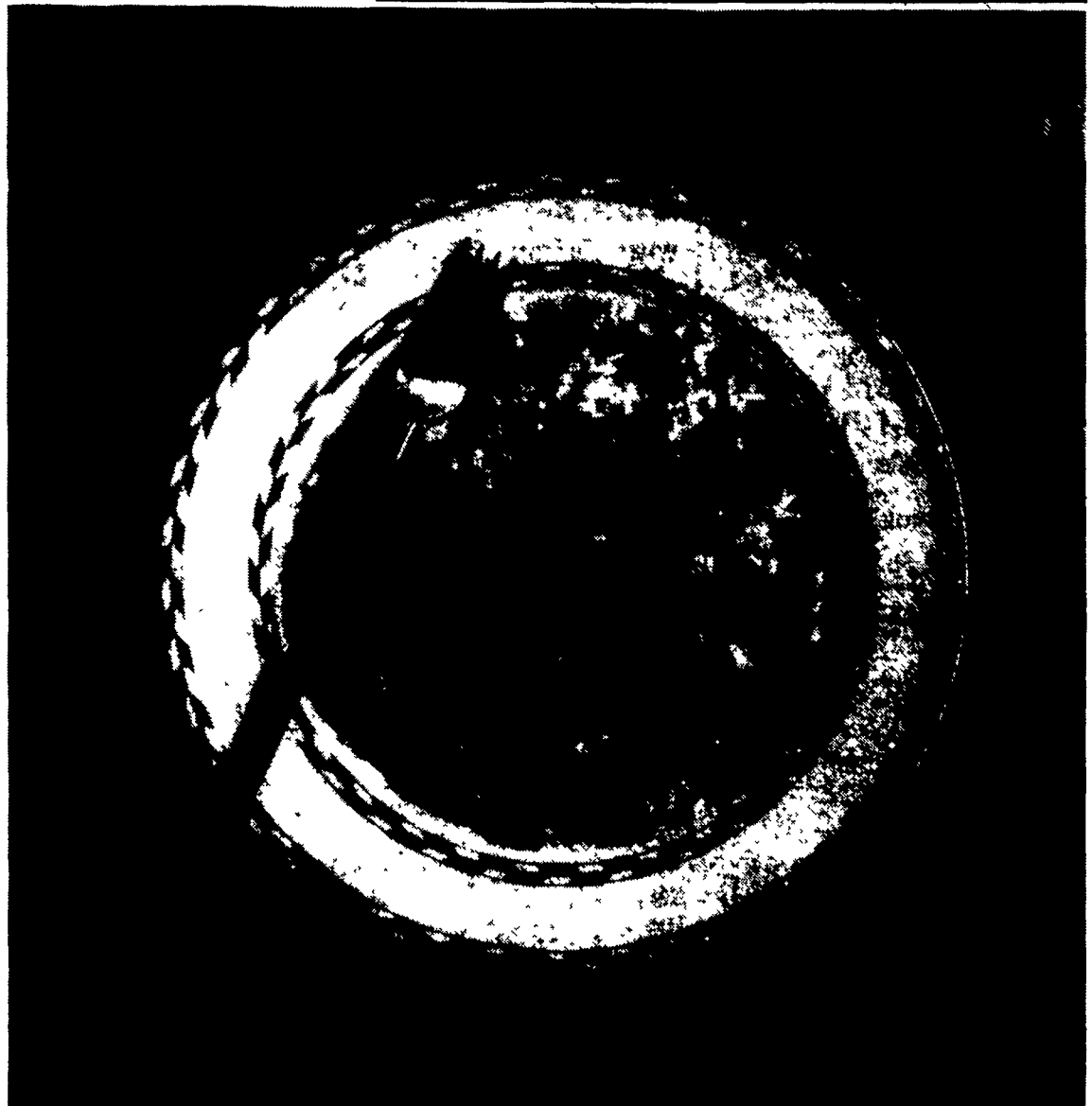
19- National Cherry Month

26- Potato Lovers' Month

### March

5- Peanut Month

12- National Nutrition Month



Each serving of Black Bean And Rice Salad has 210 calories with less than 1 gram of fat and lots of nutrition and fiber.